



Royal Berkshire
NHS Foundation Trust

Advice following a local anaesthetic for oral surgery

Adult Day Surgery Unit

This leaflet is for patients who have had day oral surgery under a local anaesthetic at the Adult Day Surgery Unit in the Royal Berkshire Hospital. Please read it before you go home so that you can have any of your questions answered before you leave. If there is anything you do not understand, or if you have any questions or concerns, please feel free to discuss them with your nurse.

The day of the operation

- **Do not rinse or spit out** – this may disturb the blood clot that forms in the wound and may cause further bleeding.
- **Avoid eating and drinking anything too hot** – everything you eat or drink must be lukewarm. Eat a soft diet.
- **Take it easy for the rest of the day** – avoid any strenuous activity as this will increase your blood pressure and create more bleeding and swelling.
- **Do not drink alcohol** – this can cause more bleeding and swelling as it opens up the blood vessels.
- **Do not smoke** – smoking can cause infection and delay the healing process.
- **Take painkillers**, such as paracetamol or ibuprofen, before the anaesthetic wears off. The local anaesthetic should wear off in 3-4 hours. Take painkillers regularly throughout the day – follow the dosage instructions on the packaging.

Do not take aspirin or painkillers that contain aspirin, this may cause bleeding.

If you need advice regarding pain control, ask your local pharmacist or phone the ADSU or Oral and Maxillofacial Surgery Department.

Painkillers should be taken for at least 2-3 days. After this time, the operation site should start to settle down.

- The operation site may start to bleed slightly. If this happens, take a piece of gauze which the nurse will have given you, damp it slightly, then roll it up and place it in the operated area and bite down on it for around 20 minutes.
- You may have stitches placed after your operation. These are dissolvable and will “fall out” after 10-14 days.
- If you experience swelling after the operation, use an icepack or pack of frozen peas to help decrease the swelling.
- You can brush your teeth as normal from tomorrow, taking care around the wound area.

The day after the operation

- Rinse your mouth out with salt water – mix a teaspoon of salt into a glass of water (as hot as you can tolerate) and rinse your mouth. Do this 3-4 times a day for the next 7-10 days. Alternatively, you can use a non-alcoholic mouthwash.
- You may be given a course of antibiotics. Please take them as instructed and ensure you complete the course. Antibiotics may interfere with alcohol and the contraceptive pill – please read the information sheet that comes with the antibiotics for advice.

During the first 24 hours following your discharge

If you have any further concerns about your surgery, please telephone the ADSU: 0118 322 7622.

Opening hours are 7.30am to 10.00pm Monday-Friday.

If you experience any excessive pain, swelling or bleeding, please contact the Oral & Maxillofacial Surgery Department on: 0118 322 7139, Monday–Friday 8am-5pm.

Out of hours please contact NHS 111.

After 24 hours, please seek advice from your GP.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT ADSU/Oral & Maxillofacial Surgery November 2023

Next review due: November 2025